

**SHAPES VIRTUAL STUDIO: CLASS SCHEDULE 3/23/-2/39/20- WEEK 1**

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| **MORNING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 8:30am | Buns & Bands/Cindy | Self Guided | 1 Mini band |
| TUES | 8:30am | Inferno/Michelle | Follow Along | 2 dumbbells (optional) |
| WED | 8:30am | Zumba/Zahira  | Follow Along | none |
| WED | 11:00am | Aging Fit Cardio/Mary Pat | Follow Along | none |
| THURS | 8:30am | Kickboxing/Michelle | Follow Along | none |
| FRI | 8:30am | Barre/Amy | Follow Along | Mat, dumbbells, chair |
| SAT | 8:30am | Pump/Kathy | Follow Along | Dumbbells |
| SAT | 9:00am | YogaBata/Rosie | Self Guided | mat |
| SUN | 9:30am | Yoga/Rebecca | Follow Along | mat |

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| **EVENING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 6:00pm | Zumba/Damaris | Follow Along | none |
| TUES | 6:00pm | KB Flow/Rosie | Self Guided | 1 kettlebell or 1 dumbbell |
| WED | 6:00pm | Buns & Guns/Sibilla | Follow Along | 1 light db (1-5lb), 2 heavier pair db |
| THURS | 6:00pm | Hip Hop Step/Kesha | Follow Along | Bench…can be done w/o bench |
| FRI | 5:30pm | Core-Lattes/Angela E | Self Guided | mat |



**SHAPES VIRTUAL STUDIO: CLASS SCHEDULE 4/13-4/19/20- WEEK 4**

PINK = CARDIO/HIIT BLACK = STRENGTH BLUE = AGING FIT

GRAY= MIND/BODY GREEN = LECTURE

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| **MORNING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 8:30am | Inferno/Ilda | Follow Along | Mat, 2 dumbbells |
| MON | 11:00am | Aging Fit-Broadway/Mary Pat | Follow Along | none |
| TUES | 8:30am | Step Sport/Kristine | Follow Along | Bench, can be done w/o bench |
| WED | 8:30am | Armed & Dangerous/Melissa | Follow Along | none |
| WED | 11:00am | Aqua-Drills/Ann & Kathy | Follow Along | pool |
| THURS | 8:30am | Kickboxing/Michelle | Follow Along | none |
| FRI | 8:30am | Luscious Legs/Amy | Follow Along | mat |
| FRI | 10:00AM | Dump the Diet week 2/Ann | Lecture Series | none |
| FRI | 11:00am | Chair Today, Gone Tomorrow/Ann | Follow Along | Chair. Optional: Tubing, mini band, 2 light dumbbells |
| SAT | 8:30am | Trifecta 2/Kendra | Follow Along | 1 dumbbell (any size) |
| SAT | 9:00am | Core Lattes/Amy | Follow Along | mat |
| SUN | 9:30am | Yoga/Rebecca | Follow Along  | mat |
| **EVENING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 6:00pm | Pump/Kathy | Follow Along | 2 dumbbells |
| TUES | 6:00pm | Tabata/Michelle | Follow Along | none |
| WED | 6:00pm | Buns & Guns/Sibilla | Follow Along | 1 light db (1-5lb), 2 heavier dumbbells |
| THURS | 6:00pm | Yoga Flow/Rosie | Follow Along | mat |
| FRI | 5:30pm | Dance Party/Tatiana | Follow Along | none |



**SHAPES VIRTUAL STUDIO: CLASS SCHEDULE 4/20-4/26/20- WEEK 5**

PINK = CARDIO/HIIT BLACK = STRENGTH BLUE = AGING FIT GRAY= MIND/BODY GREEN = LECTURE

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| **MORNING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 8:30am | Strength & Grace/ Mary Pat & Kristine | Follow Along | Mat, 2 dumbbells, chair |
| MON | 11:00am | Chair Today, Gone Tomorrow 1/Ann | Follow Along | Chair. Optional: tubing, mini band, 2 light dumbbells |
| TUES | 8:30am | Hip Hop Step/Kesha | Follow Along | Bench. Can be done without bench |
| WED | 8:30am | Fit Kit Workout/Mary Pat | Follow Along | Tubing, mini band, 2 dumbbells |
| WED | 11:00am | Chair Today Gone Tomorrow 2/Ann | Follow Along | Chair/stool. 2 cans of soup, beans, etc. |
| THURS | 8:30am | Quick & Dirty 30/Lauren | Follow Along | None. Optional: penalty box or tape to tape off the floor |
| FRI | 8:30am | Buns & Guns/Sibilla | Follow Along | 1 light dumbbell (1-5lb), 2 heavier dumbbells |
| FRI | 10:00AM | Dump the Diet week 3/Ann | Lecture Series | None |
| FRI | 11:00am | Aging Fit Cardio/Mary Pat | Follow Along | None |
| SAT | 8:30am | Kickboxing/Ilda | Follow Along | None |
| SAT | 9:00am | Core & More/Sibilla | Follow Along | Mat |
| SUN | 9:30am | Yin Yoga/ **LIVE** with Blair | Follow Along  | Mat |
| **EVENING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 6:00pm | Pump Lockdown/Kristine | Follow Along | 2 dumbbells, bench (optional)d |
| TUES | 6:00pm | Inferno/Ilda | Follow Along | Mat, 2 dumbbells |
| WED | 6:00pm | Fit Kit Workout/Mary Pat | Follow Along | Tubing, mini band, 2 dumbbells |
| THURS | 6:00pm | Barre/Rosie |  |  |
| THURS | 7:00PM | Pink Queens Club Battle **LIVE**/Ilda & Kendra | Follow Along | none |
| FRI | 5:30pm | Tabata Hi-Lo Combo /Kendra | Follow Along | None |



**SHAPES VIRTUAL STUDIO: CLASS SCHEDULE 4/27-5/3/20- WEEK 6**

PINK = CARDIO/HIIT BLACK = STRENGTH BLUE = AGING FIT GRAY= MIND/BODY GREEN = LECTURE

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| **MORNING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 8:30am | Tabata/Ilda | Follow Along | Mat |
| MON | 11:00am | Aging Fit Cardio/Mary Pat | Follow Along | None |
| TUES | 8:30am | Armed & Dangerous/Kristine | Follow Along | Dumbbells: can be heavy set & light set |
| WED | 8:30am | Retro-Box-Cardio/ Mary Pat & Amy | Follow Along | None |
| WED | 11:00am | Aqua Workout/Ann & Kathy | Follow Along | Pool |
| THURS | 8:30am | AB-Salute/Michelle | Follow Along | Mat. 1 dumbbell (optional)+ |
| FRI | 8:30am | Trifecta 2 /Kendra | Follow Along | 1 dumbbell |
| FRI | 10:00AM | Dump the Diet week 4/Ann | Lecture Series | None |
| FRI | 11:00am | Chair Today Gone Tomorrow 2/Ann | Follow Along | Chair/stool, 2 light dumbbells OR cans of soup, beans, etc |
| SAT | 8:30am | Pump Lockdown/Kristine | Follow Along | Mat, 2 dumbbells, bench (optional) |
| SUN | 9:30am | 30 Min. Family Flow/Rosie | Follow Along  | Mat |
| **EVENING** | **TIME** | **FORMAT** | **FOLLOW ALONG/ SELF GUIDED** | **EQUIPMENT** |
| MON | 6:00pm | Buns & Guns/Sibilla | Follow Along | 2 dumbbells, bench (optional)d |
| TUES | 6:00pm | Quick & Dirty 30/Lauren | Follow Along | None. Optional: penalty box or tape to tape off floor |
| WED | 6:00pm | Pump/Kathy | Follow Along | 2 dumbbells |
| THURS | 6:00pm | Core-Lattes/Lauren | Follow Along | Mat |
| THURS | 7:00PM | Hip Hop Step **LIVE**/Kesha | Follow Along | Bench. Can be done without bench |
| FRI | 5:30pm | Retro-Box-Cardio/ Mary Pat & Amy | Follow Along | None |